Summertime Spirituality REFLECTION

PLANT seeds of wonder. At the beginning of each day, write own a single resolution to notice something sensual. It might be, "I will look for something colorful in the world around me", or "I will listen for a sound of something in nature." At the end of the day, share your discovery with someone else, or write about it in a summertime journal.

WATER your soul. At some point during the day, take a five-minute break to do something refreshing for mind, body, heart, and spirit. Stand up and stretch. Walk barefoot on a patch of grass. Read a psalm. Pet your dog or cat. Take note of how these five-minute breaks refresh your soul, particularly as they accumulate.

CULTIVATE gratitude. At the end of the day, name something tangible and specific for which you are grateful. Share it with someone else or spend time in silence as you re-picture it. Allow the grace of gratitude to grow in you and pay attention to the ways it brings you life.

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